

# NOT 'SO YESTERDAY' ANYMORE, HATERS

HILARY DUFF TALKS TINDER, MUSIC AND MORE.

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# metro

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## Subway crime

**Spiking.** Crimes in the subway have jumped significantly in the first half of the year, including a 26 percent increase in felony assaults. More cops are flooding the MTA as a result.

PAGE 02

Extra NYPD officers will be stationed on trains and in stations to combat a rise in crime. / MILES DIXON, METRO

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## Man stabs ex before attack at Con Ed

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## Why the best seafood is local and sustainable

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## Nets with zero buzz ahead of NBA draft

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## NEWS

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1 'Inside Jara's escape: Advocacy as an Ivy League transgender sex worker'

2 'Queen in a Hard Hat'

3 'Where are the jobs in New York City?'



LGBT

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Visit Metro.us/pride for a comprehensive guide to Pride Month. You'll find listings, exclusive Q&As with your favorite LGBTQ celebrities and trending Pride events in your city.

# Subway sees crime rate spike as arrests drop

## More cops.

More officers are patrolling subway cars, according to NYPD Transit Chief Joseph Fox.

Less than a week after an NYPD transit cop was stabbed near a Coney Island subway platform, one of the city's top brass was forced to admit Monday that MTA crime was soaring.

NYPD Transit Chief Joseph Fox said felony assaults on the city's subway and bus system have jumped 26.9 percent in the first six months of this year. Robberies are up 19 percent.

Most worryingly, the spike in the crime rate on the subway coincides with a drop in the number of arrests. Arrests from January through May were down 17.1 percent, and summonses dropped 22.4 percent, according to numbers presented by Fox at an MTA board meeting.

Fox said the about 70 percent of crimes were happening onboard subway cars, so he has reassigned more cops — many working overtime — to ride the trains to keep commuters safe.

"We want [officers] on trains to be present and visible," Fox said.

Earlier this month, he said that one-quarter of subway crimes were thefts committed by crooks targeting sleeping



A police officer in the subway at Hoyt-Schermerhorn Street in Brooklyn / MILES DIXON, METRO

## Quoted

**"I think what's important to look at is the overall trend for why we are seeing spikes in crime, what is the common denominator."**

Sgt. Ed Mullins

## City-wide

NYPD numbers through June 14 show murders are up 19 percent this year, and rapes are up 5.6 percent. Cases of assault, burglary and larceny are down citywide, according to the report.

straphangers.

MTA Board Member Jonathan Ballan demanded to know why arrests and summonses had "plum-

meted." Fox blamed some of the drop in arrests on the protests and funerals after NYPD officers Rafael Ramos and Wenjian Liu were shot for some of the downturn. That, he said, led to a drop in arrests across NYPD bureaus in the early months of 2015.

He also said officers were focused on making arrests that matter. "We're taking a greater focus on quality over quantity," Fox said.

Both Fox and chief of department James O'Neill

have certainly made their feelings about a crime spike known to the cops working beneath them. The New York Post reported that the two top cops dragged in commanding officers, detectives and lieutenants from transit bureaus around the city earlier this month.

Fox maintained the New York City subway is one of the safest systems in the world with continually increasing ridership, seeing about 5.7 million riders every weekday, and averaging about six major felony crimes per day.

Reported rapes, grand larcenies and burglaries were actually down over the previous year, he said, which means the overall major felony rate was

only up 1.1 percent for the first five months of 2015, despite the uptick in assaults and robberies.

His move to put extra cops on the subways was also welcomed by commuters Monday. "I think the increase in police is great for safety," said Megan Dunlap, 39, who was waiting for a train in Brooklyn. "There was an occasion lately when I came to Penn Station and noticed the increase and was sort of surprised, but then I felt safer."

"My husband had his iPhone stolen in the subway, so we really appreciate the added safety."

Sgt. Ed Mullins, head of the Sergeants Benevolent Association, told Metro that he thought an uptick in shootings and other crimes in the city can be tied to recent protests and an "atmosphere of reactive policing" in light of recent protests.

"I think what's important to look at is the overall trend for why we are seeing spikes in crime, what is the common denominator," Mullins said. "I think there's a direct correlation with that [reactive policing] with the spikes."

Mullins said the average straphanger should continue to be aware of his or her surroundings while riding the rails.

*Additional reporting by Miles Dixon*

 **WENDY JOAN BIDDLECOMBE**  
Wendy.Biddlecombe@metro.us

## Spree. Man stabs ex, then goes on hatchet attack at Con Ed

A Con Ed worker went on a bloody rampage Monday, stabbing his former girlfriend on the Upper East Side before using a hatchet to attack two people inside the company's Union Square headquarters.

The stabbing spree started about 2:30 p.m., when the man attacked his 36-year-old ex — with whom he has a child —

inside the stairwell of her workplace, the Robert Sterling Clark Foundation building on East 64th Street, authorities said.

The unidentified woman was reportedly stabbed seven times in the stairwell. She suffered stab wounds to her stomach and lower back, police said.

The woman was trans-

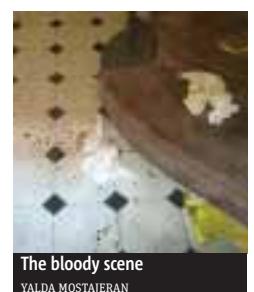
ported to New York Presbyterian Hospital in stable but serious condition. The suspect, described as a black male in his 40s, fled on foot wearing a bright red shirt.

Shortly afterward, he turned up at the Con Edison office near Union Square armed with knives and a hatchet, police said. He attacked two people

on the 10th floor before trying to flee, but security stopped him from leaving through the glassed protectors at the entrance.

The victims in the second attack were being treated for injuries that were not believed to be life threatening.

The man was under psych evaluation at Bellevue. **YALDA MOSTAJERAN**



The bloody scene  
YALDA MOSTAJERAN



## Sweat in the city

It's getting hot in here! Today's forecast predicts a high of 94 degrees with a whopping 60 to 67 percent humidity. Now that summer has officially started, New Yorkers are using their best strategies to deal with the hot and humid weather, including breaking out the handheld fans — not that they'll help you much in those sweltering underground subway stations. / GETTY IMAGES

# Three men convicted in WTC jump

**Parachutes.** Three men who jumped with parachutes from the top of One World Trade Center were convicted of misdemeanor charges but spared a felony charge.

Their leap from the top of the 104-story building was partly caught on security video that showed at least two figures in black suits and helmets floating down beneath open parachutes and landing on the streets of lower Manhattan, one of their defense attorneys said.

A jury in state Supreme Court in Manhattan deliberated over the course of four days before reaching a verdict in the trial of James Brady, 33, Andrew Rossig, 34, and Marko Markovich, 28, who live in the New York City suburbs.

They were cleared of the most serious charge — burglary, a felony — but were convicted of

three misdemeanor charges of reckless endangerment in the second degree, reckless endangerment of property and unauthorized climbing, jumping and suspending oneself from a structure.

Twice during deliberations, the jury told Judge Juan Merchan it was deadlocked, but both times the judge ordered the panel to keep working.

Sentencing was set for Aug. 10 for Rossig and Brady, and Aug. 17 for Markovich. They face up to a year behind bars on the charges.

The men sneaked through a gap in the construction fence, prosecutors said during the trial. They then jumped from a height of nearly a quarter of a mile in a vivid demonstration of BASE jumping, an extreme sport that can involve jumping from a building, antenna or cliff.

The plunge was also captured in videos shot with cameras strapped to the jumpers' helmets and posted on YouTube, one of which has been viewed more than 3.5 million times. REUTERS

### Under scrutiny

#### US, NYC reach deal over reforms for Rikers jail complex

New York City has agreed to carry out a series of reforms at its Rikers Island jail complex to resolve U.S. Justice Department claims that guards regu-

larly used unnecessary force against inmates, U.S. officials said on Monday.

In a letter filed in federal court in New York, Manhattan U.S. Attorney Preet Bharara's office said the deal included appointing a federal monitor to oversee the reforms at Rikers, one of the largest jail complexes in the country.

"This comprehensive

framework requires the city to implement sweeping operational changes to fix a broken system and dismantle a decades-long culture of violence," Bharara said in a statement. Rikers, which houses around 9,800 prisoners daily, has come under recent scrutiny for a culture of violence that included officer attacks on prisoners and several inmate deaths.

The city has agreed to install 7,800 surveillance cameras throughout Rikers and develop an early warning system to identify guards who may "warrant corrective actions," the letter said.

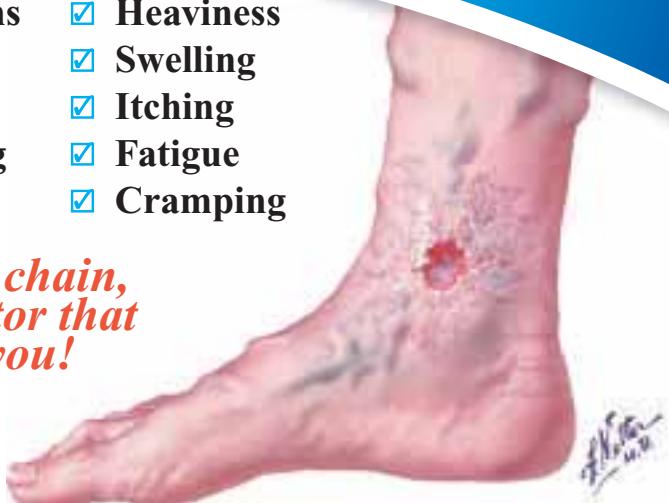
The deal also calls for some guards to wear body cameras as part of a pilot program.

REUTERS

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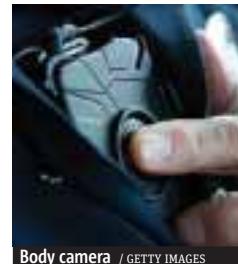
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# 5,000 new body cameras for cops

**Video.** Calls for the NYPD body cameras grew after the chokehold death of Eric Garner.



Body camera / GETTY IMAGES

A pilot program applauded by police reform advocates is getting a big boost: The NYPD is looking to add as many as more 5,000 body cameras to the 60 already in use.

It's a significant increase and a major step in Mayor Bill de Blasio's and NYPD Commissioner Bill Bratton's efforts to restore the trust between cops and some members of the community.

The city has put a bid solicitation for the devices in the City Record, Capital New York report-

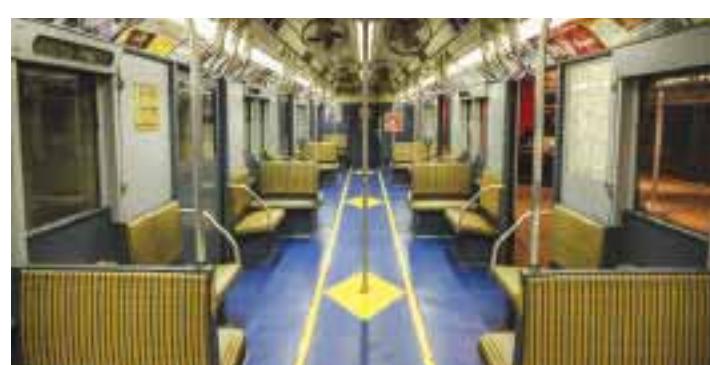
last moments of life.

When the pilot program was launched last December, supporters called it an important first step in policing reform.

"Having more visibility to what happened will help us to start having the real conversations we need to have to hold law enforcement accountable and create better relationships between our communities moving forward," said Rashad Robinson, executive director of nonprofit ColorOfChange and CopWatch-NYC.

Robinson's websites encourage New Yorkers to monitor police by filming their encounters with officers.

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## Museum celebrates 100 years of underground movement in Brooklyn

The MTA on Monday marked the centennial anniversary of Brooklyn's first subway train. New York City Transit President Carmen Bianco led remarks about the occasion and the need for more funding for the Transit Museum. President Bianco and those in attendance rode on a restored subway car used between 1927 and 1965. Pictured is the inside of a 1940s-era train. / MILES DIXON, METRO

### Queens

## Homeless man charged with murder

A homeless man who was picked up by cops when they saw him drinking in a Queens park, was later charged with murdering a man he is accused of bludgeoning to death. Zoltan Forai, 44, was

arraigned on murder and weapons charges, the Queens DA said.

Forai is accused of kicking Diego Piedrahita in the head on June 8 or 9, then repeatedly hitting him in the head and face with a rock. Piedrahita received multiple skull fractures and died in the park.

Police said both men knew each other but

haven't released a motive for the killing.

Forai was picked up on June 20, about a mile away from the murder scene, and authorities said he shaved his beard to disguise himself from a bearded police sketch.

He faces up to 25 years in prison if convicted and is being held without bail.

WENDY JOAN BIDDLECOMBE

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## UCLA campus

**Diddy arrested for assault with deadly weapon**

Rapper Sean "P. Diddy" Combs was arrested and charged with assault with a deadly weapon at the University of California Los Angeles on Monday.

Combs, 45, was held at the jail on the west Los Angeles college campus

after an incident involving a kettlebell, a weight with a handle, which was deemed a deadly weapon, UCLA's campus police UCPD said in a statement. No one was injured, and the incident is being investigated by college police.

Authorities said the rapper was to be moved to the Los Angeles County Sheriff's Department later on Monday.

Celebrity website TMZ.com, citing unnamed sources, said Combs was involved in an argument with a football team coach at the campus' athletic facility. The rapper's son, Justin Combs, is on the college football team on a scholarship.

REUTERS



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# Upstate manhunt focuses on cabin 20 miles from prison

**Area.** Police cautioned camp owners in the area to be on the lookout for anything suspicious.

The two-week-old search for two escaped murderers focused on a rural area about 20 miles away from the upstate New York prison they fled, authorities said on Monday, after evidence reportedly showed the pair had been inside a burglarized cabin.

CNN, citing an unidentified law enforcement source, said the escapees' DNA was found on items in a cabin in Owls Head, New York.

New York State Police said items from the cabin were being tested for DNA, but at a midday news conference, Maj. Charles Guess would not confirm the DNA of the two convicts had been found.

He said he did not want to jeopardize the investigation.

"It's a confirmed lead for us," Guess said.

Convicted murderers Richard Matt, 48, and David Sweat, 35, were discovered missing from the maximum-security Clinton Correctional Facility in Dannemora, New York, early on June 6.

The two inmates cut through cell walls, crawled through a steam pipe and



Maj. Charles Guess provides a media briefing on the manhunt for David Sweat and Richard Matt. / N.Y. STATE POLICE



York, said police had followed up on 2,000 leads in the case.

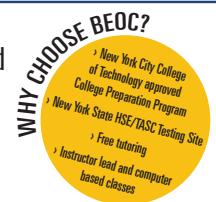
He said there was no evidence the escapees were getting help from anyone while they were on the run but said police had not ruled it out.

Joyce Mitchell, 51, who worked as a training supervisor in the prison's tailor shop, has been charged with helping the inmates escape by providing them with tools.

A Clinton corrections officer identified as Gene Palmer has been suspended in connection with the escape. REUTERS

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## South Carolina. Governor calls for the removal of Confederate flag

South Carolina Gov. Nikki Haley on Monday called on lawmakers to take down the Confederate battle flag in the state Capitol, a week after a white gunman allegedly shot dead nine black worshipers at a historic church.

The flag was a symbol of the pro-slavery South during the U.S. Civil War. "This is a moment in which we can say that the flag, while an integral part of our past, does not represent the future of our great state."

The shooting at Emanuel African Methodist Episcopal Church came in a year of intense debate over U.S. race relations following the killings of unarmed black men by police officers, which has sparked a reinvigorated civil rights movement under the "Black Lives Matter" banner.

Opponents of flying the flag at the State



South Carolina Gov. Nikki Haley and other lawmakers and activists deliver a statement to the media asking that the Confederate flag be removed from the state Capitol. / GETTY IMAGES

### Quoted

**"It's time to move the flag from the capitol grounds."** Haley

House grounds consider it an emblem of slavery that has become a rallying symbol for racism and xenophobia in the United States. Supporters, who fly the flag at their homes, wear it on clothing and put it on

bumper stickers, say it is a symbol of the South's history and culture, as well a memorial to the roughly 480,000 Confederate Civil War casualties. That figure includes the dead, wounded and prisoners.

A group of both black and white leaders called for a rally Tuesday at the State House in Columbia to bring their demand directly to lawmakers.

REUTERS

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# Four things to know

## President Obama says the N-word

President Barack Obama, during a podcast posted online on Monday, used the N-word to emphasize his point that the United States has made progress in eliminating racism, but there was still more work to do.

Obama discussed

race and gun control as part of the hour-long podcast interview, in the aftermath of the shooting deaths a week ago of nine black people at a church in South Carolina, allegedly by a 21-year-old white man with racist sentiments.

"I always tell young people in particular: 'Do not say that nothing's changed when it comes to race in America unless

you lived through being a black man in the 1950s or '60s or '70s,'" Obama told Mark Maron, host of the "WTF" podcast.

"We're not cured of it ... and it's not just a matter of it not being polite to say 'nigger' in public. That's not the measure of whether racism still exists or not. It's not just a matter of overt discrimination," he said.

REUTERS

## Top court rules for Marvel in toy dispute

The Supreme Court ruled against the inventor of a Spider-Man toy by quoting a famous line associated with the comic book superhero about how with great power comes great responsibility.

Justice Elena Kagan cited the line in explaining why the court, in a 6-3 ruling, had declined to overrule a legal precedent more than half a century old concerning patent royalties.

The court decided in favor of Marvel in its legal fight with Stephen Kimble and an associate, Robert Grabb, over royalties on a web-shooting toy called the Spider-Man Web Blaster. REUTERS

## Amazon to pay self-published authors based on pages read

It could soon pay more to write lengthier books if you are an author self-publishing on Amazon's Kindle e-book platform.

Starting next month, the e-commerce giant will pay independent authors based on the number of pages read rather than the number of times their book has been borrowed.

Amazon's Kindle Direct Publishing platform lets authors set list prices, decide rights and edit the book at any time. REUTERS

## Man charged in plot to kill for Islamic State

A North Carolina man has been charged with an alleged plot to buy a semiautomatic rifle, which he planned to use to kill Americans to show his support for the Islamic State militant group, the U.S. Department of Justice said.

Justin Nojan Sullivan, 19, of Morganton, North Carolina, who was arrested Friday, is due to appear in federal court in Charlotte, said the U.S. Attorney's Office for the Western District of North Carolina.

Sullivan is charged with one count of attempting to provide material support to Islamic State and two counts of weapons charges.

REUTERS

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Andrew M. Cuomo, Governor



# 1 More baby names for Kimye's impending son

Since Kim Kardashian decided to let loose on Twitter about the fact that her and Kanye West's next baby is going to be a boy, I thought I might as well update the list of prospective baby names I so generously offered up to the happy couple. (What can I say? I'm a giver.) Clearly some of the earlier entries would only make sense for a daughter — like Hillary Rodham or Baby™ — but I still stand by Kim Jr. as the best option. Just in case Kim and Kanye disagree, here are some alternatives:

- North 2 West
- Slanket West
- Bruce West
- Mini Kanye West
- Verizon Wireless Presents Baby West
- Cornell West
- The North



Remembers West

- Writers Guild of America West
- The Right Honorable Cornelius Humphrey West, the Fourth
- Vuitton West

# 2 Janet Jackson is back

2

Janet Jackson's still got it. The singer released a new song yesterday called "No Sleep," — no, that's not a typo, apparently it's just the "cool" way to spell it these days. Miss Jackson even tweeted, "I dedicate this to My Love." As you might be able to conclude from the song's title, the lyrics are about looking forward to a restless night with a lover. It's the first single off the singer's upcoming album and her first song in seven years. Musically, "No Sleep" is classic Janet Jackson, with her soft, come-hither voice reigning over layered electronic instruments. She hasn't strayed far from what worked for her in the past, and somehow it feels new again. **EMILY LAURENCE**

ALL PHOTOS GETTY IMAGES

## Amber Heard and Johnny Depp are through with Australia

Take note, Aussies: Threatening to euthanize Johnny Depp's dogs and throw the "Pirates of the Caribbean" star in jail certainly won't get you a nice Trip Advisor review from his wife, Amber Heard. In fact, Heard suggests the couple will be steering clear of Australia from now on following Minister for Agri-

culture Barnaby Joyce's fuss over them sneaking the dogs into the country. "I have a feeling we're going to avoid the Land Down Under from now on, just as much as we can, thanks to

"I SAID G'DAY, MATE!!" certain politicians there," Heard said during an interview with Sunrise. "I guess everyone tries to go for their 15 minutes [of fame], including some government officials." Oo, burn.



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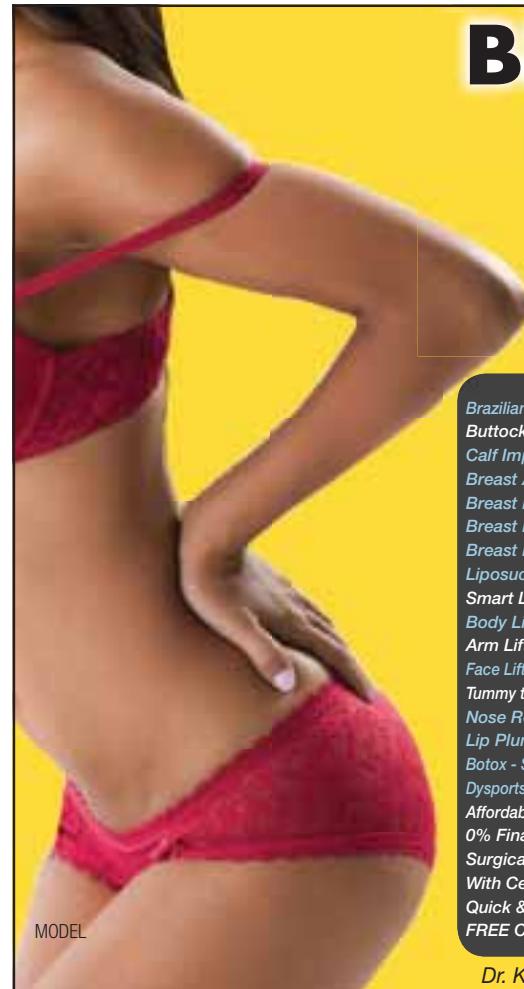
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# Hilary Duff is back

**Comeback.** She talks to us about her new album "Breathe In. Breathe Out." and signing up for Tinder.

Hilary Duff has come a long way since making a name for herself in Disney's "Lizzie McGuire." For one, she has a 3-year-old son named Luca with her ex, former NHL player Mike Comrie. But bad breakups make for good songwriting material, and that's just what the 27-year-old Duff has done with her new album "Breathe In. Breathe Out." Clearly, the singer had romance in mind with her single "Sparks," fueled by her recent foray into the dating app Tinder. Here, Duff talks to us about music and matches.

You've worked with Ed Sheeran but also with Swedish pop artist Tove Lo. What did you want her to bring to the album?

Tove Lo is a very different artist than I am. She is so incredibly talented, and she's collaborated with great artists before. When I heard "Sparks," which she wrote, I just felt like it was a fresh sound. I think she really brings an edge to my record.

**Is there a song on this album that is particularly special for you?**

"Brave Heart" is really special for me. It's about what I was going through in my personal life at the time, and I feel like a lot of people will be able to relate to it. It's an uplifting song about being scared of the unknown and wanting to take a chance.

**You started a serious buzz about being on**

## Getting "Younger"

**Your new show "Younger" got renewed for a second season. What did you like about your character, Kelsey Peters?**

I'm such a [creator and producer] Darren Star fan, and the show really has his mark on it. I really

connected with all of the women on the show, and I got excited to play a character that was very driven in the working world. She also makes mistakes — she is in her 20s, and this is what your 20s are all about: learning who you are, fighting for your place and making mistakes. I'm happy to be in a show with such inspiring female roles, and I love that it is about reinventing yourself at any age.

**Tinder. Was it just for the "Sparks" music video or are you actually serious about it?**

When I first joined Tinder, it had nothing to do with the video — it was just for fun. ... And it has been fun! I'm not trying to look for love. I joined just to do something that people wouldn't think

I would do. It was to surprise people, surprise myself and be a part of something that is going on in the world, and that is so normal these days.

**Any successful encounters yet?**

I still talk to one guy. It's funny — I don't think it's going to be a love match,



We'd swipe right. / GETTY IMAGES

good.

**What's a good Tinder date outfit?**

For any date, I'd say try and look like you've put a bit of effort in but nothing too over-the-top.

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# Parenting peer pressure is real

The mom influence. Oh yeah, it's a thing, and you have to be a strong individual to ignore the pressure other moms can have on you. It's not that they don't mean well, but sometimes you need to put aside what other moms are doing and how they're doing it and do what's right for you and your kids. All moms are different, as are all kids, but at the end of the day, it's important to trust your own judgment and make decisions based on what is best for you and your family.

I started to think more about this as I watched a couple of episodes of Bravo TV's new comedy, "Odd Mom Out." The main character, Jill Weber, a mom of three, is well off, but the women in her Upper



Even if you're not an Upper East Side mom, you'll be able to relate to the struggles explored on "Odd Mom Out," such as the crazy kindergarten application process. / BRAVO

East Side world, including her sister-in-law, are much wealthier (and obnoxious). It makes her feel, well, odd and not part of the "momzilla" circle she lives

in. Weber feels pressure from all angles — from style choices to the schools she's considering sending her children to. The show is laugh-out-

loud funny, and if you're a mom, you'll totally relate to those age-old experiences that a lot of moms face and find stressful in real life (e.g., the kindergarten application process, UGHH!!!) but sometimes, when you take a step back, is it really worth the stress?

For example, the stress I've been putting myself under regarding pre-k is insane. I have to remind myself that it is just pre-k, not college. Parenting is hard enough, and allowing what others are doing to make you feel like you're not doing enough

For exclusive commentary, visit [Metro.us/blogs](http://Metro.us/blogs).

is a losing proposition. Like many mothers, Weber experiences her insecure mom moments — who doesn't?

But at the end of the day, she remains true to her quirky, likable self, and that's what you want your kids to learn from you: to be able to think and make decisions and be confident in who they are regardless of what others are doing. To me, that is a valuable lesson.

## Mommyhood Musings

### YESENIA ALMONTE

Twitter and Instagram: @yeseniaalmonte

Metro's parenting blogger is sharing her parenting triumphs and fails — and taking you along for the ride. Yesenia Almonte is a born and bred New Yorker who lives in Brooklyn with her husband and two sons, Hudson, 3, and Crosby, 10 months.



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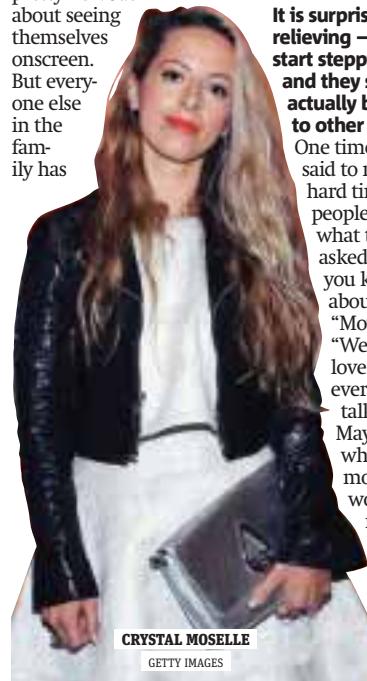
The boys of "The Wolfpack," out now, are seen during one of their most beloved activities: rereading their favorite movies. / MAGNOLIA PICTURES

**Interview.** Crystal Moselle talks about how she came to film the crazy story that made one of this year's big docs.

In 2010, documentary filmmaker Crystal Moselle spotted six brothers walking down First Avenue. They became the subjects of "The Wolfpack," which details how the movie-crazy boys spent years not allowed, with rare exceptions, to leave their LES high-rise at the behest of their overprotective parents. Since the film's Sundance debut, the brothers have been outside more, some even going into film jobs.

**How did the boys react to seeing themselves on a screen, especially scenes of their even younger selves?**

Not all of them have seen the film. Govinda and Narayana are actually pretty nervous about seeing themselves onscreen. But everyone else in the family has



watched it. They think it's a pretty honest portrayal of what happened. Makunda said that, when he watched the film, he felt like he had gone through 100 years of therapy, and he's all better now.

**It is surprising — and relieving — when they start stepping outside, and they seem to actually be OK talking to other people.**

One time, Makunda said to me, "I have a hard time meeting people. I never know what to talk about." I asked him, "What do you know the most about?" He said, "Movies." I said, "Well, everyone loves movies, and everyone wants to talk about them. Maybe ask people what their favorite movie is." And it works. He told me later he was at a party, and he asked every single person in the room what their favorite movie was.

## One more thing

### Burdens

**When you learned about certain secrets, did you suddenly become nervous about having that responsibility?**

Oh, yeah. Oh, God. I felt it immediately. The first time I suspected it, we were at this pizza place. Makunda gave me a little clue. I think he wanted to open up to me. He told me about how he escaped — that

one day he walked out of the house in a Michael Myers mask. I was like, "What? Why did you do that?" He broke down. I realized there was something more delicate and complex here — that this was a serious thing. It immediately made me feel protective of them and their story.

**MATT PRIGGE**  
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# Play to get fit

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RACHEL KASHDAN  
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**Bounce into shape**  
Put a spring in your step by ditching the gym for a trampoline. You don't need a trampoline of your own to take advantage of its benefits because classes are offered throughout the city. JumpLife in Tribeca has trampoline classes for adults whether you're looking for a club-like atmosphere or a slower workout that incorporates yoga and Pilates. And if you'd like to learn some aerial skills, check out trampoline classes at Trapeze School New York.  
**\$28/class, [Jump-Life.com](#)**  
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**Whittle your waist with a hoop**  
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**Roll away those rolls**  
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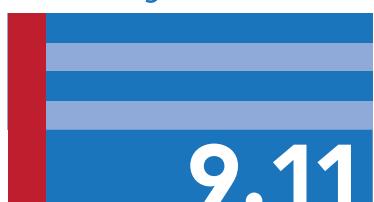
## No walk in the park

Your dog needs to get off the sofa just as much as you do, so why not exercise together? Because this is NYC, of course there's a class where you're both welcome: Go Fetch Run offers cross-training sessions in Prospect Park and Central Park. Your pup will be your cheerleader as you run, squat, lunge and strength train. Then you'll pair up to conquer an agility course.  
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## How to serve fish at home

First of all, get over the smell. "[Americans] weren't brought up as a seafood-eating country," says Moonen. "Fish is just not what dinner smells like." If it does bother you, put out a cup of vinegar. When it comes to cooking fish, poaching it in liquid is one way to minimize smell. For newbies, the easiest method is to season your fillet with salt, pepper and olive oil, then broil it on a flat cast-iron griddle on a

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# Eat better seafood

How letting sustainability guide your diet will lead to better seafood for everyone.

eva.kis@metro.us

What would it take to make American seafood sustainable? Eating more of it is a good start — if you're getting it from the right places.

The seemingly disparate issues of scarcity and abundance both pose problems for the future of seafood in the U.S. We're eating too specifically among the varieties available to us: Late last month, Forbes reported that big-name chefs are not serving striped bass, stocks of which are down

85 percent this year.

At the same time, the seafood we have in abundance is problematic, too. Ninety percent of it comes from overseas, caught and processed in conditions that are often unverified. Last year, the Associated Press found that Burmese men are being enslaved to work on Thai fishing boats whose cargo is sold in the U.S.

So what can you do? Now is a great time to learn how during Sustainable Seafood Week, which features tastings, talks and even visits to fisheries. We asked two of the big names behind the event about how we can eat better seafood.

### Eat local

"You wouldn't know it from visiting the supermarket, but there are over 300 varieties of fish in the

lakes, rivers and oceans of the Northeast," says Sean Dixon, founder of Village Fishmonger, which operates like a CSA for seafood. So eating locally is not an issue of supply, but of opening your mind to new varieties.

### Get low

When it comes to overlooked seafood, the experts say dive deep. "Fish that are a little bit lower on the food chain encompass everything we're concerned about," says chef Rick Moonen, a 20-year advocate of sustainability. "They have little to no concentration of PCBs [an endocrine disruptor] and methyl mercury." Mackerel, sardines and anchovies are all underappreciated. ("Eat bait," he sums up.) For one of the biggest bangs for your nutrition

buck, "having a delicious oyster is going to be one of the best bets," adds Dixon. "Oyster fisheries create habitat, they clean the water, they're local, they're near shore, they're low carbon."

### Farming can be good

About half of the world's fish stocks come from farmed sources, and there are plenty of fisheries and hatcheries doing good work. Moonen supports a company called True North, whose "farm" in New Brunswick reintroduced salmon into a habitat they once occupied. "It's not technology trying to muscle nature into doing what they want; they're working with nature now," says Moonen. To check up on the welfare of your favorite fish, go to FishWatch.gov.

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**Horoscope****© Cancer | June 21-July 22**

Anxiety and indecision are clouding your judgment. Your emotional state of mind will make you feel isolated.

**© Leo | July 23-Aug. 22**

Don't take a break. The hard work you have put in will grind to a halt if you ease up now. Financial gains are evident if you act quickly.

**¶ Virgo | Aug. 23-Sept. 22**

A troublesome relationship will cause you worry. You will receive conflicting information. Let matters unfold before you make a decision that you'll live to regret.

**■ Libra | Sept. 23-Oct. 22**

A jealous competitor will try to make you look bad. Have faith in your abilities. Those who know you well will not be fooled.

**■ Scorpio | Oct. 23-Nov. 21**

Refrain from getting involved in joint ventures. Look over your financial situation. Make sure you have the money before making a major purchase.

**■ Sagittarius | Nov. 22-Dec. 21**

Your professional reputation will suffer if you are too preoccupied with personal issues. Keep your plans secret.

**¶ Capricorn | Dec. 22-Jan. 20**

Conversations with intellectual individuals will be inspiring. Write down your ideas. One of them will turn out to be a positive change.

**■ Aquarius | Jan. 21-Feb. 18**

You will want to celebrate today, but overspending will lead to trouble. A group benefiting those less fortunate will appreciate your compassion.

**■ Pisces | Feb. 19-March 20**

Love and romance are highlighted. Make plans to do something that could help bring you closer to someone. Find a hobby.

**¶ Aries | March 21-April 19**

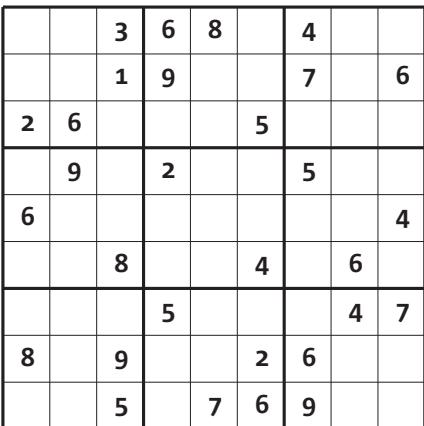
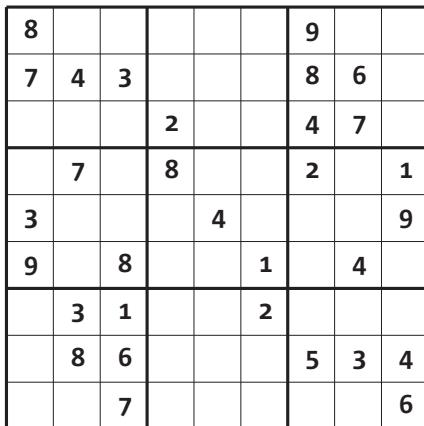
You will have the energy to tackle problems. If you step to the forefront, others will quickly follow. A trip will lead to a new venture.

**■ Taurus | April 21-May 19**

Your self-esteem will blossom if you make personal improvements. Enhancing your appearance will give you confidence.

**■ Gemini | May 22-June 20**

Charity begins at home. Family issues should take precedence over outside matters. To avoid long-lasting damage, don't lash out. EUGENIA LAST

**Sudoku: Easy and hard****Crossword****Across**

- 1 Roaches, to us
- 7 Fido's reply
- 10 Medicinal plant
- 14 Cooking oil choice
- 15 Mark of Zorro
- 16 Mollusk
- 17 Bucolic
- 18 NFL events
- 19 "Elder" statesman
- 20 Occasional fly-by (2 wds.)
- 23 Jeered at
- 26 Hard water?
- 27 Computer command
- 28 Jungle warning
- 29 Air rifle ammo
- 30 Latest thing
- 31 — day now
- 32 Half of a Heston role
- 33 Droopy-eared hounds
- 37 Sphere intro
- 38 — rush
- 39 Pass near Pikes Peak
- 40 Cold mo.
- 41 Works with stone
- 43 Kept up the fire
- 44 Kind of system
- 45 Happy sighs
- 46 Unknown factors
- 47 Barge
- 48 Trial figure
- 51 Sweater sz.
- 52 Easy victim

53 After a meal

56 — meridiem

57 Tokyo, to shoguns

58 Sci-fi thriller

62 Venison

63 Part of mpg

64 Art categories

65 TV genie portrayer

66 NNW opposite

67 Crater Lake locale

**Down**

- 1 DVD predecessor
- 2 Water in Paris
- 3 ER personnel
- 4 — lode
- 5 Homer's epic
- 6 Table salt
- 7 Nahuatl speakers
- 8 Change colors
- 9 Parker who played Boone
- 10 Honda models
- 11 Camel kin
- 12 Singers Hall and —
- 13 Wax theatrical
- 21 Many October people
- 22 Came to a halt
- 23 Latches onto
- 24 Greek column type
- 25 Cajun's home
- 29 Diamond ploys
- 30 Fearsome threesome

32 Rap music

(hyph.)

33 Polished

34 Oust

35 Tex-Mex snacks

36 — owl

42 Light emitter

46 Snub

47 Briny

48 Garden tool

49 Firm, as abs

50 Helena rival

51 Fills the hull

52 More washed-out

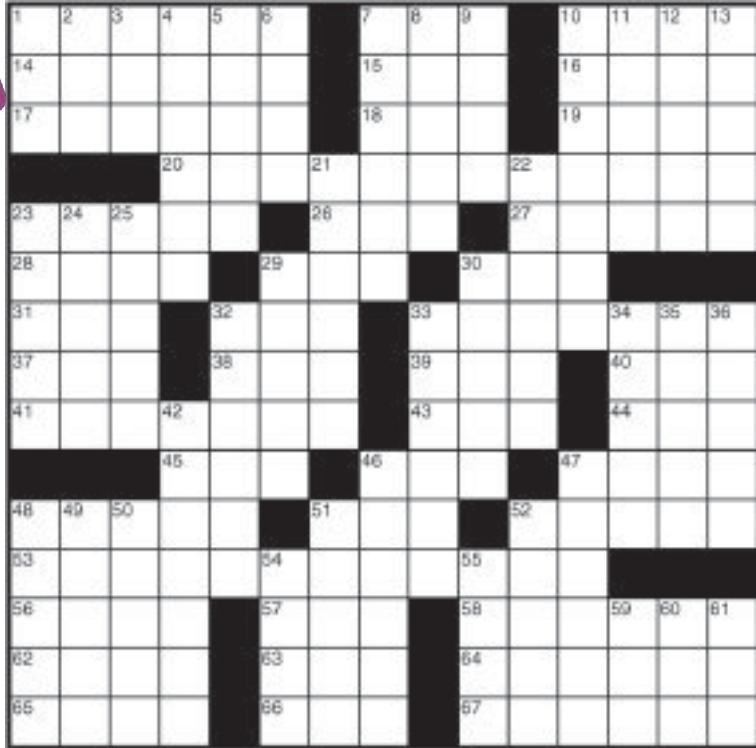
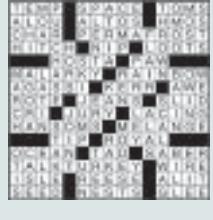
54 Gym iterations

55 Desdemona's enemy

59 Joule fraction

60 Not "paleo"

61 W-2 info

**Yesterday's answer****Letters to the editor****Charging for sex is prostitution****Bad flags must go**

My great-great-grandfather fought and died in the Civil War to free those people erroneously put into slavery. Now, coming up on 200 years later, a Southern state is still flying its Confederate flag?

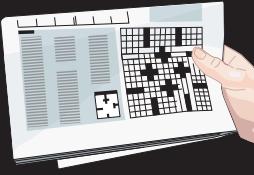
Worse, that state, South Carolina, started to fly it during the Martin Luther King era! I am so proud that my heritage includes the fight for freedom. I am sorry we are apparently still fighting the war.

That flag must come down now. Thank you, Metro, so very much for helping us have actual conversations in the letters to the editor, not mere tweet-offs as AMNY spouses.

ANNE MORONEY, VIA EMAIL

Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



# 3

## SPORTS



### Former Met murdered

Darryl Hamilton, a center fielder on the 2000 Mets team that won the National League, was killed in a murder-suicide in Pearland, Texas. Hamilton was recently working for MLB Network as an analyst. Hamilton was allegedly shot by Monica Jordan, the mother of Hamilton's 14-month-old child. Jordan is said to have shot herself after killing Hamilton. The child was found unharmed at the home.

MLB

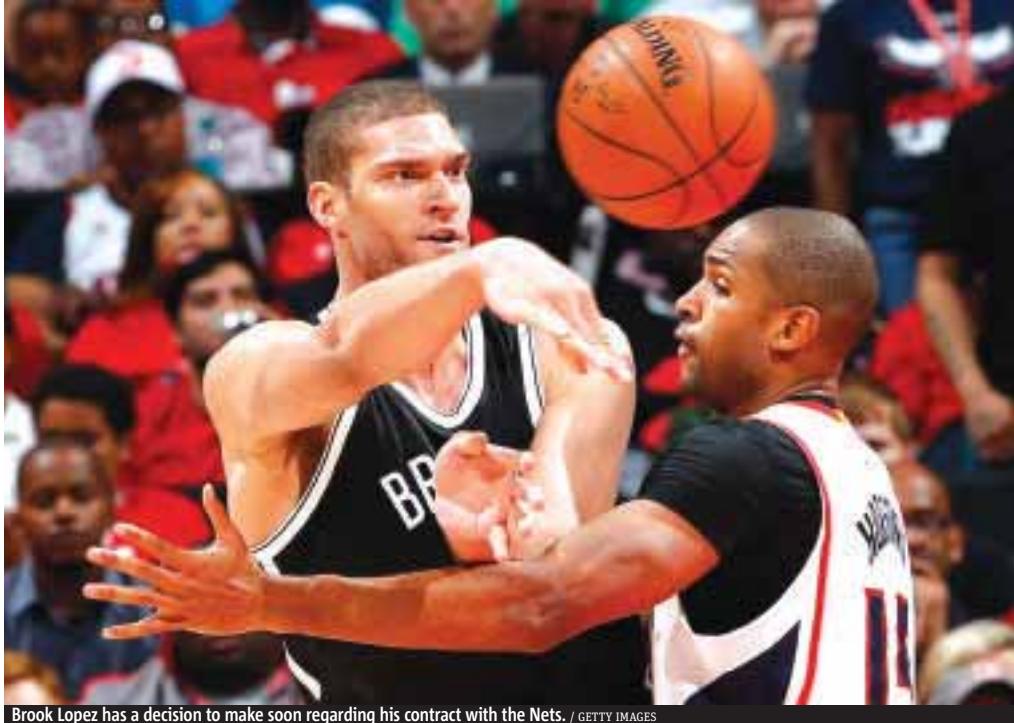
**NBA.** The Nets seem destined for a long stay in the league's land of mediocrity.

The Brooklyn Nets took the Eastern Conference's top-seeded Atlanta Hawks to six games in the first round.

And while that may be encouraging for most franchises, the season was still deemed as a disappointment for a team that had high hopes of contending in a watered-down conference. Simply put, their 38-44 third-place finish in the Atlantic Division wasn't good enough.

Things may not look much better in the near future either as Brooklyn owns a stagnant roster and does not have many options to improve. There are 13 players under contract for next season, but there are many decisions to make. Mirza Teletovic, who signed a three-year deal for the mid-level exception in 2012, will hit the free-agent market. If the Nets tender him a qualifying offer — likely a one-year offer sheet worth a little over \$4 million — Teletovic will become a restricted free agent, meaning the Nets have the right to match any offer Teletovic signs. But if they don't, he'll become an unrestricted free agent and go to the highest bidder.

The Nets, however, are cash-strapped, as they are currently a league-high \$9.269 million over the



Brook Lopez has a decision to make soon regarding his contract with the Nets. / GETTY IMAGES

#### The ugly

The Nets' roster and salary situation is an ugly one.

- The Nets' average salary for players under contract is a whopping 3.3 years/\$29.1 million per player.
- The Nets have the 29th overall pick in Thursday's NBA Draft.



projected salary cap.

That could prove to be a huge problem, not just for offering Teletovic a decent deal, but for the handling of their star center Brook Lopez. The former All-Star is still mulling whether or not to opt out of his current contract or opt in on his \$16.7 million deal and become an unrestricted free agent next summer. The latter may be the better play for the center because next summer is when the new \$24 billion NBA media-rights deal goes into effect (as the cap is set to significantly raise to a reported \$90 million).

If he opts out this sum-

mer, Lopez would join a talented field of unrestricted free agent centers, including Memphis' Marc Gasol, the Clippers' DeAndre Jordan, his twin brother Robin from Portland, Dallas' Tyson Chandler, the Pelicans' Omer Asik and the oft-traded but talented Brandan Wright of the Suns. Smart money says Lopez opts in — because walking away from guaranteed money, and being as injury prone as Lopez is, doesn't sound prudent. Besides, the 2016 free-agent crop isn't as star-studded, meaning Lopez would be the crown jewel of the big-man class.

The one impetus in Lopez's immediate Nets future could be the activity of the Milwaukee Bucks, who reportedly intend to pursue him this summer — should he opt out. There are ties with the Bucks, as Lopez's former head coach, Jason Kidd, is the Bucks' head coach and decision-maker.

Solid backup center Mason Plumlee could also be on the move, as reports have the Nets willing to depart with him in order to move up the draft.

TONY WILLIAMS  
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Ms. Xiangling Mao | Weill Cornell Medical College

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WCMC IRB# 1207012642 Approved from 5/1/2015 to 9/22/2015

MSBI IRB# 143-12 Approved from 5/22/2015 to 7/20/2015

# MALUSIS: A-ROD EARNED HIS 'MOMENT' FOR 3,000

On Friday night at Yankee Stadium, Alex Rodriguez had his Yankee moment. More than his postseason performance in 2009 — when he helped the Yankees win their last World Series — for the first time, Alex Rodriguez was accepted. Rodriguez felt the love from Yankees fans in the Bronx after his first-inning fly ball cleared the right field fence for his 3,000th career hit. It is a remarkable achievement, even with his history of PED use.

But this is not a column to debate his place in baseball history or whether or not he will be inducted into the Baseball Hall of Fame.

This column is about giving the man with all the gaudy stats credit for how he has rebuilt his image in the span of just four months. Alex Rodriguez was viewed, not-so-long-ago, as a complete liar, cheat and fraud. He questioned Yankees doctors and refused to admit his responsibility in the BioGenesis scandal until he was left with no other choice. To some, A-Rod's actions are unforgivable for how he has tainted the sport. I get that. But I do think he does deserve a fair amount of credit for how he has handled himself following the year-long suspension from Major League Baseball. There have been no negative headlines, no pictorials in magazines, nothing. He continues to be the great teammate that he has always



Rodriguez is a member of several elite clubs, including the 3,000-hit club. / GETTY IMAGES

been (just ask Robinson Cano about A-Rod the clubhouse man). There have been no more lawsuits, no questioning of doctors and he has not tried to put the commissioner's office on trial.

Maybe Alex has finally seen the light. Maybe I am giving him the benefit of the doubt too quickly. I think people deserve second chances in life. As we know, life is way too short. Alex has certainly come across a tad more humbled and appreciative this season. He appreciates the game

now more than ever after it was taken from him for his PED use. He needed last year to get to this year. He needed to stare into the abyss of a lost season, to realize what he had. Maybe that is what has brought about the change in Alex. Sometimes we don't truly appreciate something or someone until it is gone. Baseball has always been the first love for Alex Rodriguez. It has been there ever since he can remember. When he lost it, there was nothing else in his

## OPINION

### MARC MALUSIS

@ MARCMALUSIS

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio.



life that could replace it.

So A-Rod is back, he is hitting and he is humbled. He is now accepted by a far greater percentage of Yankees fans. Will he ever be fully accepted by the entire baseball community? I do not see that happening anytime soon. People have long memories. But in 2015, Alex is a changed man. He is better for it and the Yankees are certainly better for it as well.

Amazingly enough, he has been one of the constant performers in baseball since Opening Day.

Good for Alex. He deserved Friday night. He is trying to rewrite the final act of his career, and he is off to a good start.

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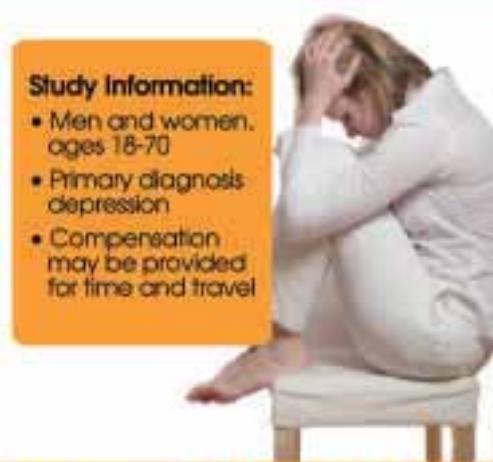
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